SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS

MONDAY DECEMBER 5 2016 | CONESTOGA COLLEGE, KITCHENER, ONT | WWW.SPOKEONLINE.COM | 47TH YEAR – NO. 23

'TIS THE SEASON TO LOVE FLOWERS

PHOTO BY RILEY LINSEMAN

Sue Gleiser, one of the vendors at the Galaxy of Gifts fundraiser at Luther Village on the Park retirement home, displays her own special craft, a Christmasy selection of bright red and green flora and some ferns too. For story see Page 3.

eText initiative planned for fall

BY JAMES WELLS

A new four-year co-op degree program and saving students money on textbooks were two of the many topics discussed at Conestoga College's Board of Governors meeting on Nov. 28.

Cyber security, one of the more prominent forms of modern defence in the 21st century, whether it be for a company, organization or a country as a whole, will make its appearance at Conestoga College in the near future. Board members were told the college is hoping to launch a new four-year co-op degree program in cyber security and intelligence to further the college's diversity in education.

"There has been a lot of work put into this program," said John Tibbits, president of the college.

The plan is to offer the new program in the fall of 2018 with enrolment projections gradually climbing over time as the public becomes more aware of its availability.

In other business, board members were told textbooks will be evolving at the college. A new initiative, in association with the Bookstore, involves converting hardcover textbooks into eText (electronic textbooks) for textbook-heavy programs. The plan will be tested with a select group of 12 to 15 programs in the fall of 2017. The idea is to make textbooks for students more convenient, affordable and accessible. Algonquin, Boreal and Lambton colleges have already implemented eTexts and received great feedback.

"It will save students 40 to 50 per cent off the cost of what a hardcover textbook would be," said Gary Hallam, executive dean of the School of Business and Media Design.

Conestoga Students Inc. has been notified and approved of the change, agreeing that it will be of great benefit for the majority of the students.

eTexts, once officially released, will be available on most operating systems associated with laptops, iPads, tablets and smartphones. Each eText will have a sharing limitation of four devices and will be a mandatory purchase before the start of the school year.

Teachers of each program with eText learning will be able to see whether or not students are taking advantage of their eText. However, the board has said that at this moment there is no ability to "spy" on students, to see what specific pages they are reading. Teachers can merely observe if they have been opened on a device or not.

CONTINUED ON PAGE 5

He's making a list and checking it twice

BY ROBERT JANES

Christmas is only a few weeks away. At Conestoga College, students were asked whether they believed they would be on Santa's naughty or nice list.

"I'd like to think I'm on the nice list," said Andrew Dron, a second-year recreation and leisure studies student. "I always put others before myself and I try to help out anyone in any way I can."

The common response among students was that they try each day to be a good person and help those in need, which puts them on the nice list.

"I would say I'm on the nice list," said Melissa Koster, a second-year community justice and services student. "I'm always thinking about others and helping out as much as I can."

Hunter Naamtu, a second year electrical technician student, was uncertain which list he would be on.

"If smoking puts me on the naughty list, then I'm definitely naughty in Santa's eyes," he said. "In terms of being a 20-year-old, I think I'm on the nice list for my everyday actions and general attitude."

However, one student believed that he might be on Santa's naughty list, because he does not give back.

"It's selfish to ask for something and not give something back during the holiday season," said Bryan Flannery, a second-year radio broadcast student. "I actually don't like (Christmas), everyone got better gifts than me. The Christmas spirit and cheer I like. Just like anything the buildup is the real fun."

If students could ask Santa for one wish, the most popular response was money or for him to pay off their bills and credit cards. However, Dron said his wish would be for others who are less fortunate to enjoy their Christmas.

"Honestly, just having my family around – that's the best gift of all," he said. "To me Christmas is about family and giving back. For a few years, my family and I have helped out with Christmas hampers so people who don't have a lot of money can have a nice Christmas too."

Family and giving were the most common answers amongst the students as to what the joyous season means to them.

"It means time with family and giving," said Koster. "And being able to see the smiles on everyone's faces when they open their gifts."

Christmas jingles have been playing on the radio, which means that the hooves of reindeer will soon be trotting on the roofs.

"I hope everyone has an amazing, safe and warm Christmas with their loved ones," said Dron.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

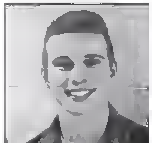
What is a lyric from the last song you listened to?

"You drive Toyota, please define flex." – *Random* by G-Eazy

Fiza Saiyed,
second year
bio-technology

"That post-game party feel " – *Dirt* by Florida Georgia Line

Mackenzie Fleming,
second-year
marketing



"Your mind is disturbia " – *Disturbia* by Rihanna

Andrew Quinn,
second-year
marketing

"That's just something they know " – *Headlines* by Drake

Tom Edwards,
first year
practical nursing

"It's beginning to look a lot like Christmas." – *It's Beginning to Look a Lot Like Christmas* by Michael Buble

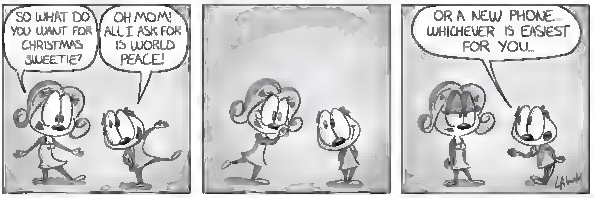
Monika Socha,
first-year
practical nursing

"Mother should I build the wall " – *Mother* by Pink Floyd

Jordon McConnery,
first year
television broadcast

Smile Conestoga, you could be our next respondent!

FILBERT CARTOONS



By L.A. Pentz

For more comics visit FilbertCartoons.com

Waterloo campus set to expand

BY NICOLE CLARK

Conestoga College Council members were shown tentative floor plans and other details connected with an upcoming expansion of the Waterloo campus at a council meeting on Nov. 22.

The Conestoga North Campus Expansion Project is expected to increase the number of full time students at the Waterloo campus from just over 900 to more than 3,000 and will be open by September 2018.

"I know the growth will be welcome there," said Andrew Goodridge, faculty of trades and apprenticeship, on the expansion.

"It is going to be phased in, we're going to minimize the disruption," said John Tibbits, president of Conestoga College, adding that this will be achieved by completing the project in four phases.

The campus will focus mainly on IT, grad certificates and food, with hospitality students tripling in size. There will be multiple new culinary labs located in the new expansion and the current restaurant, bloom, will remain.

The move for IT from Doon to Waterloo means an opportunity for growth in the business and health fields at the Doon campus.

LINC (Language Instruction for Newcomers to Canada) will also be a part of the expanding campus, where there will be a child-minding centre available for students so they can attend class for a few hours and bring their children. The child-minding centre will include an outdoor area for the children as well.

The expansion, which was originally going to be developed into a five-storey extension of the existing Waterloo campus, will now consist of a modern, wrap-around design with four storeys.

"Very practically, if you go five storeys your whole fire safety regulations will add a million and a half dollars," said Tibbits, explaining the rationale behind reducing the expansion to four storeys.

However, the new expansion raises the question of parking, a topic all too familiar for those who commute to their classes at Conestoga's Doon campus. When the construction is finished, there will be 125 fewer parking spots. However, because Waterloo campus is located downtown, there are expectations for more students, staff and faculty to use transit. There are also talks of leasing nearby space for college parking.

"We'll give everyone a Vespa, but seriously, we're looking around," said Tibbits.

The whole front of the expansion will have solar panels adding to the modern design, and the inside will be spacious.

The food services area will also be much more open, eliminating the boxy feel it currently has, and will include a Tim Hortons and Subway. Conestoga Students Inc. is also looking into having its own space to dedicate to the students.

Construction is expected to get underway next month.

OPEN HOUSE A MEANINGFUL Q AND A SESSION

PHOTO BY NICOLE CLARK

Faculty and students stand in the nursing wing of Conestoga College, ready to inform and answer any questions prospective students at an open house held on Nov. 26. Approximately 2,500 visitors attended the event, which was also held at the Cambridge campus.

Rec centre could be paid off sooner

BY SCOTT BLINKHORN

The new athletics and recreation centre may be paid for earlier than expected according to a report given to the Conestoga Students Inc. (CSI) board of directors.

At a meeting of the board on Nov. 28, Mike Dunning, Conestoga's vice-president of student affairs, said the original estimation was the mortgage would be paid off in 16 years. The estimate was based on the assumption that enrolment would increase by two per cent every year and that the student priority fee would increase at a rate of three per cent every year.

The student priority fee's purpose is to pay for projects, initiatives and services that are considered to be a direct benefit to students. CSI and the college work together to determine what the money is used for.

The recreation centre is also paid for in part by the recreation/athletic fee, which is mandatory for full-time students at the Cambridge and Doon campuses.

The new report, which suggested that payment of the recreation centre could be met a year earlier than expected, was based on the assumption of a yearly two per cent increase in tuition (which includes the student priority fee and recreation/athletics fee). According to Dunning, this was an attempt to keep estimates conservative.

"Because of the recent increases in enrolment we find ourselves in a bit more of a flexible position," Dunning said. "This means we have a bit more leeway when it comes to the fee increases and how quickly the facility is paid for."

Other factors affecting the payment schedule included a lower mortgage rate than was expected. According to Dunning, the estimate for the mortgage rate was five per cent, but the actual rate is about half of that.

The new recreation centre was funded by both CSI and the college with a final cost of about $19 million. Once the building is paid off CSI will be responsible for the centre's operating fees.

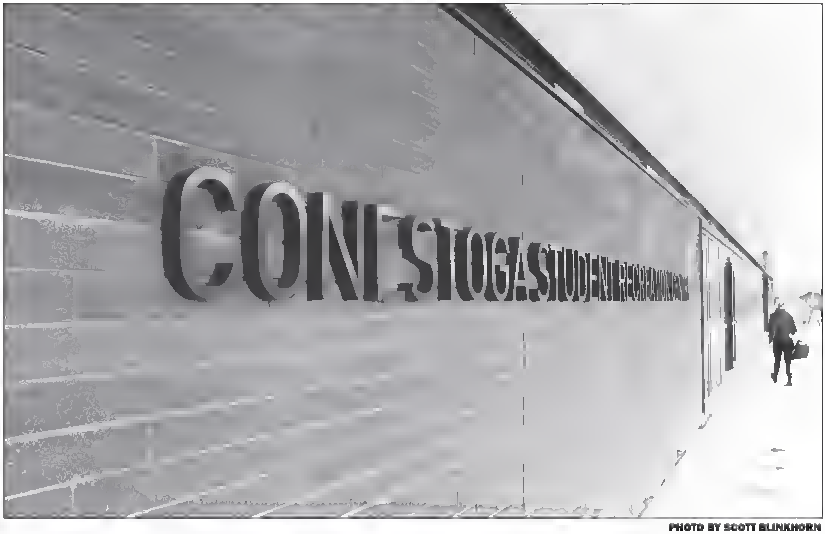


PHOTO BY SCOTT BLINKHORN

A student walks into the Conestoga Student Recreation Centre at the Doon campus on Nov. 29. Conestoga Students Inc. board members were told at a Nov. 28 meeting that the centre's mortgage may be paid off early.

Galaxy of Gifts raises money for Lutherwood

PHOTO BY RILEY LINSEMAN

The sugar tree stand at the Galaxy of Gifts fundraiser at Luther Village on the Park retirement home on Nov. 26 was manned by Debbie Sarre (right) and Barb Feihaber. The sweet little Christmas trees they were selling were sure to make any family gathering a jolly occasion.

BY RILEY LINSEMAN

The 2016 Galaxy of Gifts crafts show was a very special one. It had a small venue, but a big heart. Held at the Luther Village on the Park retirement home on Nov. 26, the event featured approximately 40 vendors selling everything from Christmas wreaths to baked goods.

The event also gave residents an easy alternative to the more cumbersome and potentially dangerous option of leaving the retirement home to do their Christmas shopping. And there was nothing stopping family from coming and visiting them either. Everyone was also invited to a barbecue lunch.

This year was the second time the fundraiser was held. Knowing that her Galaxy of Gifts fundraiser is still kind of small compared to those held by other organizations, co-organizer Christine Stopiolosz said she likes to keep her goal reasonable. Each year a goal of $1,000 was set, and met. All profits come from the vendor tables because admission is free. But there was also food and drinks available for a price.

Lutherwood is a non-profit organization that helps the community by providing mental health, employment, housing and family services.

Galaxy of Gifts, the "small-big fundraiser," is so called because of its environment. It's a small fundraiser because of the humble goal and size of the venue, which is just one room in the retirement home. But Stopiolosz and co-organizer Debbie Sarre were able to help their volunteers set up 44 tables throughout this room for the vendors.

The vendors' products came in a huge variety and included toiletries such as lotion, bubble bath and lip balm. One vendor was selling special "sugar tree" Christmas treats and another vendor was selling a beautiful selection of vibrantly coloured flowers and plants.

The biggest beneficiary of this event was Lutherwood themselves. Lutherwood is a non-profit organization that helps the community by providing mental health, employment, housing and family services.

They run a youth shelter and provide schooling and counselling for those suffering from mental health issues. They also provide a range of employment services and help people look for their own homes. And finally they have their own Child and Family Foundation which raises over $1 million each year for Lutherwood's community work.

If you want to help support them, you can donate at lutherwood.ca. If you want to learn more, why not attend one of their events? Visit lutherwood.ca/events for event details.

Millard's girlfriend gets off easy

BY CASSIDY FOULDS

The Dellen Millard case has kept Ontarians on their toes for years. The case has been just as gripping as the Robert Pickton or Paul Bernardo cases, and is shrouded in mystery and confusion. New trials, new information and new developments seem to crop up every few months, keeping the story front and centre, and keeping the Bosma family in our hearts and prayers.

Tim Bosma of Ancaster was murdered in 2013 by Millard and his accomplice, Mark Smich, after taking the two of them on a test drive of a truck he was trying to sell.

November marked the beginning of Millard's girlfriend's trial. Christina Noudga had been arrested almost a year after Bosma's murder, but she walked away with nothing but a stern lecture and a criminal record. She pleaded guilty to a reduced charge of obstructing justice by destroying evidence. (Noudga had helped Millard strip Bosma's vehicle of evidence, including fingerprints and a DVR containing incriminating footage of Millard and Smich. She maintained that she didn't know there had been a murder when she did it.)

Noudga was credited with time served prior to the trial, the four months in jail before she received bail, and the two years she spent under house arrest. So, even though her trial occurred last month, and she received a sentence of a year and one day in jail, the judge decided she's already served her time.

Is this enough punishment?

At first glance it appears not. But, the Bosma family fully supported the sentence, as they avoided reliving tragedy and grief during a possible three week trial.

According to a Nov. 21 CBC News article, the judge, Superior Court Justice Tom Skarica, said Noudga's guilty plea was a "significant mitigating factor" in his sentencing. According to the court testimony, Noudga was dragged into the Bosma case without even realizing it, and she has suffered for the last four years because of it.

Noudga is getting a fresh start. From the evidence, this appears to be a fair and just sentence. Hopefully she has latched onto this chance, appreciates the extreme empathy displayed by Skarica, and heeds the advice he gave her: Good things happen in the company of good people. Keep company with good people, and avoid the bad.

The views herein represent the position of the newspaper, not necessarily the author

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4

Despite what he thought, Trudeau wasn't speaking on behalf of all Canadians.

Cups cause controversy

DeeAnna Rollins
Opinion

Since 1997 Starbucks has had a different design for their holiday cups.

Last year, they had the plain red cups, which were apparently too subtlety inclusive of other religions and cultures because the cups didn't blatantly say Merry Christmas. People were going to Starbucks and asking for "Merry F**king Christmas" on their cups in order for them to unashamedly flaunt their religion and beliefs to the world.

This year, the coffee chain is inundated with people calling themselves "Trump" and demanding to have the president-elect's name writ ten on their decorative paper cups. Six of the 13 designs were made by women in other countries in order to celebrate women and diversity.

They just happened to be holiday themed, one is covered in colourful strings of sketched lights, another has bare pine trees covered in snow and a third has a light, white drawing of a bird on some branches.

At first, Starbucks released a different holiday cup design. It was a green cup, with drawings of different people on the entire cup. Starbucks tweeted, "Friends, baristas, and customers drawn in one continuous line – remind us we're all connected," when they released the design of the cup.

But after the company received a huge backlash from the public, who said that green was an Islamic colour and the company was supporting the "war on Christmas," Starbucks changed their minds and went with the 13 female-designed cups instead.

These red cups may have been harmonious with president-elect Hilary Clinton, but with Donald Trump being the future president of the U.S., Starbucks' obvious support of Clinton had the company swamped by an overwhelming number of irate Trump supporting customers.

A trend emerged after a Miami man asked a barista to write "Trump" on his cup and the barista refused, the customer called the act anti-white discrimination.

Soon there was a TrumpCup hashtag, courtesy of famous Twitter user Baked Alaska, who got a hold of the footage and tweeted out, "Starbucks called the cops on this guy for wanting Trump on his cup. everyone go get a #TrumpCup now! This is a movement."

Just in case any of you were wondering, no, this is not a joke. People are actually trying to protest what a cup looks like. First it was the colour, now it's the artists. What's next? The Starbucks logo itself?

It's getting out of hand. Why can't people just agree to disagree? Why can't we, as a society, stop blowing everything out of proportion?

When I go to Starbucks, I order my drink, I drink it, and then I throw the cup out. If I was as "anti-Starbucks red cups" as some of these people are, I would just stop going to Starbucks. If this cup is the worst thing in your world right now, you should go home and make your own hot cocoa, and sit beside your stunningly bright Christmas tree.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

Editor: Jay Struthers
Assignment Editor: Scott Blakhorn

Advertising Manager: DeeAnna Rollins
Spoke Online Editors: Matthew Evangelista, Andrew Benney

Production Managers: Riley Linseman, Sharon Samuel
Photo Editors (print): Shafan Panwez, Brandy Fulton, James Wells
Photo Editors (online): Meghan Weatherall, Cassidy Foulds, Robert James

Social Media Editors: Roland Fleming, Wendy Huenul Valdes, Melodie Lariviere
Circulation Manager: Nicole Clark

Faculty Supervisor and Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30, Kitchener, Ontario, N2G 4M4
Phone: 519-748-5220, ext. 3691, 3692, 3883, 3694
Fax: 519-748-3534
Email: spoke@conestogac.on.ca
Website: www.spokeonline.com

First Nations fights back

BY MATTHEW EVANGELISTA

On Nov 30 an aboriginal community took their fight to the Supreme Court of Canada saying The National Energy Board does not have the right to decide how First Nations land is used.

For 40 years the Canadian government has used The National Energy Board (NEB) to get around opening discussion with First Nations on the topic of what the government can do on their land concerning pipelines and resource collection According to Myeengun Henry Conestoga College s Aboriginal Services manager and the traditional counsellor from Chippewas of the Thames this land is traditional territory granted to the First Nations by the Crown, meaning Canada does not and never has had claim to any land that pipelines are built on.

One of the main disputes is the Line 9 pipeline that runs from Sarnia to Montreal. It is operated by Enbridge the largest transporter of crude oil in Canada

"They put in the pipeline 40 years ago They never talked to us and it s our traditional territory — We asked the Canadian government to sit down with us and talk about it and they didn t want to do that. What they did do was build a third party (NEB) to make those decisions, and so they allowed Enbridge to run this oil."

"The NEB isn t the Canadian government, they can t negotiate with us and that negotiation (with the government of Canada) didn t take place When we took it to the Federal Court of Appeals we ultimately lost We only had one out of three judges approve the case They've got ten billions of dollars for 40 years and every municipality was paid tax dollars except for us, and it s our traditional territory " he said.

According to Henry not only are pipeline carriers trespassing by running pipelines through First Nation land, but they re doing it for their own profit As Enbridge is only a carrier it s the oil companies making the bulk of the money However unlike North Dakota the Canadian pipelines have been finished for almost a generation and the debate is now why these pipelines are allowed to endanger First Nations land without permission or compensation.

Section 35 of the Constitutional Act of Canada put forward by Delbert Riley in 1982, the previous chief of the National Indian Brotherhood and monthly visitor to Conestoga College states

"The existing aboriginal and treaty rights of the aboriginal peoples of Canada are hereby recognized and affirmed. — For greater certainty in subsection (1) "treaty rights" includes rights that now exist by way of land claims agreements or may be so acquired."

Another section of the charter, section 25 is designed to shield the rights and freedoms of the First Nations people from manipulation Manipulation would include establishing a system like The National Energy Board, which although has other uses, has primarily been used to step around negotiations regarding territory claims

The Canadian First Nations is trying to avoid a situation like North Dakota, where protesters are trying to prevent the Dakota Access Pipeline from being constructed, by exhausting every legal route given to them. They are also prepared to defend their land if needed. It s this mindset that has attracted Riley, a historical legal veteran for First Nations rights in Canada

Riley was born to the Chippewas of the Thames and sent to a residential school for five years where he was starved and abused, vividly recalling sneaking out at night with other kids to dig through garbage cans for food. When he was released he worked odd jobs, finally saving enough up for his first car at 14 years of age. He drove it to Niagara Falls to celebrate Riley made sure to never forget his past nor the Indian Act, even after moving to Detroit He constantly questioned the government and read any book he could get his hands on.

In the U S he closely followed the treatment of blacks

"You know it was a time they would send the dogs on them for protesting, separate water fountains everything was segregated. But I was watching that, reading why they were standing up and it got me thinking about up here and how we're sort of in the same situation. I knew it was wrong no jobs and everybody pushed into concentration camps (what Riley calls the reserves), nobody had education All we could do was accept the racism "

Riley saw black Americans fighting back for their rights and it inspired him. He watched the movement grow, watched segregation at its peak finally break and dwindle It was then when he made himself s promise

"I told myself if I ever had the chance to go back home I would begin the fight and it was sort of a pipe dream back then, it wouldn't happen, but I had an accident back west and decided to come home that summer "

This experience gave him a view on racism which developed along with his legal skills when he moved back to Canada with his uncle

"The racism was against the blacks, they never outced us It shows the irony of racism, it shouldn t even be there It shouldn't be used to put down anyone but it s a crazy example when you have an Indian reserve in the city of Detroit and everybody has jobs (in contrast to the ghettos of Canadian reserves)" said Riley

After working at the Union of Ontario Indians he became an expert in land claims and Indian rights. Using this information he became a prominent legal activist for the First Nations of Canada following a personal creed that even if the government conceded and wanted to negotiate a resolution to his cases outside of court he would refuse, and make sure the courts officially recognized whatever infringement he had found the Canadian government perpetrating toward First Nations people.

This creed and mindset helped him pioneer Section 35 in the Charter of Rights and Freedoms It was these court cases and their impact which prompted the chiefs of Canada to ask Riley to run for their leadership He lost the election, but was ready to put in the legal work for their cases which he believes was the best outcome for him at the time

"I was organized, I got people working towards things " he said.

The fact that the pipeline controversy ended up in court is of no surprise to Riley considering his history dealing with the government and corporations

"They always like to throw you against a body that isn t human because it doesn t have a conscience " he said.

"The feds are fighting against us, of course, but at the same time they have a mutual obligation to protect our rights Even if we lose we still have our rights. We do everything by agreement, and this should've never happened in the first place "

Riley s dedication to getting work done instead of covering up mistakes has led him to personally reject the government s compensation package for residential school survivors which pays out a minimum of $10 000

"I don t want their money I want my story to get out to the world "

The Supreme Court hearing took place on Nov 30, but it will take up to six months for a verdict to be announced. Henry personally set up tents on Parliament Hill and gave updates on the proceedings as they happened. Prior to the court appeal, Henry pointed toward the staff sitting in his office with pride and said.

"We're going to walk in with that eagle staff and place it next to their flag, and that s how we're going to start this process."

eTexts will save students $$$

◆ CONTINUED FROM PAGE 1

This will provide feedback on the eText initiative to see if they are getting the desired use that the initiative is projecting With the board's projection to save students 40 to 50 per cent, they have made it clear that the college will lose money on this initiative

"The moral look here is we're making less money doing this so we are good people in the end," said Tibbits as he smiled and laughed with the rest of the board members.

CONESTOGA FACULTY, STAFF AND STUDENTS GIVE THE GIFT OF LIFE

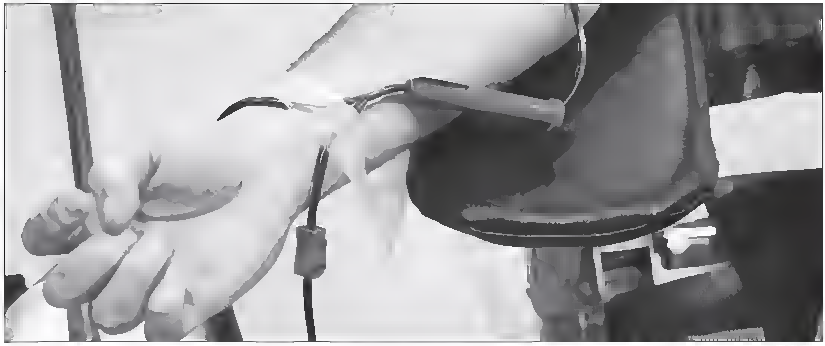


PHOTO BY MATTHEW EVANGELISTA

The college community Including Aaron Nelnyk, a first year mechanical engineering student, filled the rec centre gym on Nov 30 to donate blood to Canadian Blood Services.

Inter Arts Matrix has it all

BY WENDY HUENUL-VALDES

Isabella Stefanescu is a painter writer and arts activist who has had a hand in many projects including The Notebook Project and Euphonopen. She did the projection design for Lord Swords, a play featuring just two actors, recently performed at the Conrad Centre for the Performing Arts in Kitchener

She is also the artistic director of an art group called Inter Arts Matrix, a non profit charitable arts organization which aims to mix research and art to create new ways to understand the world around us They own a factory space made into studios so that they can host and work with a variety of artists for their various projects

"Right now we have about 40 studio spaces about 40 people working out of here. All professional artists and craftspeople. We have anything from ceramic artists, sculptors, electronics, web designers, people working in radio technology You name it, we have it here"

One of her newest projects is Euphonopen, which was shown in all its glory at the City of Waterloo Amplify Culture Summit on Oct. 26

Euphonopen is a digital drawing instrument that emulates sound when used. It uses a standard-looking monitor which hooks up to a projector The program allows you to select between a pencil, pen and watercolour brush Each creates a different sound, as does the different brush strokes and choice of size or colour Stefanescu, Klaus Engel the machine developer and interface designer and, Miles Thorogood, the sound design contributor have worked on Euphonopen since 2013 They individually recorded dozens of musicians who seemed to have the right fit and sound they were looking for Some of their sounds have been manipulated to also fit various moods and the different mark-makings

"What's interesting for the instrumentalist or vocalist is that they hear the sound they make used in a way the instrument itself can't It's interesting for them to play with their instruments in that way," Stefanescu said. "So this is what I mean when I say every instrument has a meaning"

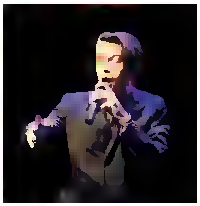
They didn't create the Euphonopen for a commercial reason, although Stefanescu recognizes the potential to market such a creation.

Inter Arts Matrix will be holding a winter social on Dec. 14 from 6:30 to 8:30 p.m. in a venue that is yet to be announced. Keep an eye on their website www.interartsmatrix.ca for further details

PHOTO BY WENDY HUENUL VALDES

Artist Isabella Stefanescu demonstrates how she uses her favourite tools to make different designs

A final "SHOT" was taken



Clockwise from top left: Bridgette Andersen, Yvonne Way, Sarah Boutcher, Jonathan Farrington, Craig McNair, Jada McKenzie-Moore and Trevor Dubois made it to the top eight in The Shot season four. For video story, go to www.spokeonline.com.

PHOTOS BY BRANDY FULTON

Matthew Boutros was named the winner of The Shot season four on Nov. 26. He travelled back and forth from Ottawa to Waterloo to participate. Boutros took home $25,000 in prizes.

BY BRANDY FULTON

Music filled the Wilfrid Laurier Theatre on Nov. 26 for the fourth season of The Shot, a singing competition for anyone over 16.

The top eight competitors were finally on the big stage after a month of auditions, callbacks, boot camp and semifinals. Through this time they had become like a family. They were singing, hanging out and just having fun backstage like they had known each other for their whole lives.

However, not everyone would be going away with the $25,000 in prizes that night. The top eight were reduced to four: Jonathan Farrington, Craig McNair, Matthew Boutros and Jada McKenzie-Moore would perform again for the judges and audience to see who would be the winner.

The final four were full of emotion and passion, raising their hands in the air and falling down onto their knees. Even the crowd was getting into it by singing along and clapping their hands.

Audience members could use their tickets to vote and people watching the live stream could vote online. The 15-minute intermission, during which judges counted the ballots, seemed like hours to the four finalists.

Once again, standing on stage, the top four eagerly awaited the results. Boutros took home the title, trophy and career-launching prizes that included time with an agent, time in a recording studio and access to music for an original song.

Condor to Team Ontario

BY MELODIE LARIVIERE

In Canada hockey is one of the most talked about sports Jenni Bauer can talk about it with the best of them And thanks to her knowledge the rec centre s facility co-ordinator was selected as one of Team Ontario s coaches for Hockey Canada s Under-18 National Championships

Bauer has been involved with sports since she was four years old. She participated in multiple sports including hockey, power skating, baseball, soccer and lacrosse. While in university she was the teams goalie as well as a javelin thrower

"I think it was just natural I m pretty active and I ve always been active My siblings played sports, my parents gave us the opportunity to get involved in sports So it s just a way of life for me and now I'm here which is pretty cool," said Bauer

The process to achieving the title of coach for Team Ontario started when Bauer applied in early spring last year After that she was selected to attend a camp in July, which was a selection camp for the players and the invited coaches were evaluated.

"We worked with a coach mentor who used to be the head coach for the national women's hockey team, the Olympic team. So the mentors worked with the coaches and both evaluated the players. Over Thanksgiving weekend we had camp basically with our teams in preparation for the tournament that was two weeks ago," said Bauer "The event is run by Hockey Canada and each province sends teams to the tournament so it s really neat to see the talent not only from the players but the level of coaching that s there "

As a player, Bauer believes her team experience has taught her more than she would have thought. The real life experiences she learned through her sporting career helped her see that just like in a game in life you win or you lose sometimes This can give a good perspective on setting your goals

"It s more the process of getting to that point You have goals that you set and you see if you can reach them and you evaluate to see if you can reach them the next time and how to improve from that," said Bauer

She has even tried to bring the lessons she s learned to Conestoga College. She makes her department feel like a family and that their opinions and perspectives are important. She believes this makes her feel more cohesive with her teams.

Bauer has moved on from her playing days and is now focused on coaching and the college. She is currently coaching the Cambridge Rivulettes in the Provincial Women's Hockey League, which is the level girls play before going to university or college. Coaching high school girls has proved tough for Bauer with the girls vulnerability She said they often worry about failing or not being good enough. Bauer uses her coaching tactics to break through to them

"I try to do the wash away all those things so I make myself vulnerable to the players right away and I'll tell them if I forget a drill when I'm drawing it on the board I tell them it s OK to make mistakes. But I also try to hold them accountable as well so it s definitely a balancing act" said Bauer "I have high expectations for the players that I coach but I don t think it s fair as me as a coach to ask them to meet those expectations if I don t have their trust so it's kind of like we have to build that relationship and trust first and then I can really push them to achieve things "

Bauer identifies coaching as two things She sees the coaching side where you teach them how to play with the X's and O's Then there's the intangible side which Bauer uses to gain the players trust in her and their teammates before she moves on to the teaching side She coaches by teaching her players commitment, accountability and dedication.

Although Bauer doesn't like to acknowledge her accomplishments in her sports career she thinks it was great to be part of Team Ontario

"I was a head coach last year, played Division 1 hockey before all these things are really great experiences but I just feel really lucky to be able to have had them. People tell me they are accomplishments and I can understand why, but they are just something I like to do I don t really think twice about it," said Bauer

Her advice to others Work hard because it is noticed and it creates opportunities

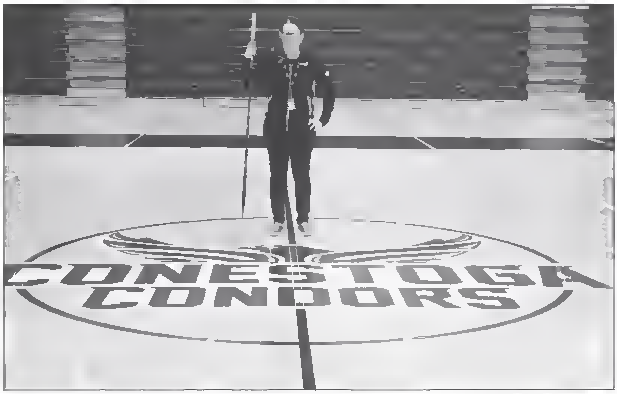


PHOTO BY MELODIE LARIVIERE

Jenni Bauer, facility co-ordinator at Conestoga College's rec centre was selected as a coach for Team Ontario for Hockey Canada's under-18 National Championships. After a successful athletic career, she's now focused on Conestoga College and her coaching.

STUDENTS ARE STANDING UP TO RAPE CULTURE

PHOTO BY JAMES WELLS

Third-year bachelor of community and criminal justice students, from left, Madison McNeill Shelby Stickel, Rachel Salter and Erin Sommerville, bring awareness about rape culture to Conestoga College's Doon campus on Nov. 29.

HOROSCOPE

Week of December 5, 2016

Aries
March 21 - April 19

Your words may lead you to getting stuck in a ring of fire. Be careful with what you say or you might get burnt.

Libra
September 23 - October 22

Once you figure out that that girl is a problem it will be easier to let her go

Taurus
April 20 - May 20

You can have the best of both worlds don't let anything hold you back!

Scorpio
October 23 - November 21

You are walking on sunshine This week will bring you a wonderful little surprise.

Gemini
May 21 - June 21

All you seem to do is work, work, work, work. It will all be worth it once your school semester winds down

Sagittarius
November 22 - December 21

Is your secret safe tonight? Being open is great, but watch out for people who are hanging around just for the gossip

Cancer
June 22 July 22

Don't be afraid to be you, let yourself pop it, lock it and polka dot it

Capricorn
December 22 - January 19

You can be a heartbreaker but in the upcoming week you'll find someone that makes you want to settle for a bit.

Leo
July 23 - August 22

Santa Claus is coming to town He sees all the good you've done lately and promises it will pay off.

Aquarius
January 20 - February 18

It's the end of the world as we know it so take a break from school and work and enjoy a day for yourself.

Virgo
August 23 - September 22

You may want to rock and roll all night and party everyday but it is time to settle down and get some work done before the semester is over

Pisces
February 19 - March 20

You change your mind like a girl changes clothes to move forward in your career you need to set solid goals and work hard to achieve them

Ephram Strange dabbles in forces beyond mortal comprehension on a regular basis. He also enjoys young adult novels and taxidermy.

Oh Cliff!

This is one of the many reasons Cliff hates Christmas shopping

Useless Facts

The 2016 calendar is exactly the same as the 1994 calendar including days dates and festivals

Housefliés always hum in the key F

Pluto was reclassified from a planet to a dwarf planet in 2006

Your nose can remember 50 000 different scents

Listening to music while exercising can significantly improve your workout performance

Seventy five per cent of the human brain is water

Sudoku Puzzle

					3			9
1	9				4	8	7	
6	8			9	5		2	
	4			6		3		8
	7		2		8			6
3	6				9	7		
8				1	2			7
	3		4				9	1
7		9		5				4

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9, without repeating any

Word Search

Christmas

P	E	A	C	E	T	G	I	A	R	V	R	M	Y	D	B
F	P	R	A	N	C	E	R	V	B	U	X	M	P	E	V
Y	Q	M	V	O	R	O	W	G	W	V	D	U	D	L	U
Z	Q	C	C	H	R	I	S	T	M	A	S	O	C	S	R
D	A	E	R	B	R	E	G	N	I	G	Q	B	L	W	D
L	W	R	E	A	T	H	L	V	A	T	N	A	S	P	I
U	P	L	L	E	B	S	T	O	C	K	I	N	G	Q	H
C	Y	L	C	F	F	J	T	N	E	S	E	R	P	A	Z
T	Y	W	M	R	Z	D	O	T	E	M	O	C	N	N	D
M	V	R	V	O	H	I	Y	R	C	E	T	R	A	O	G
R	S	A	D	S	O	P	Y	E	J	R	L	A	M	E	A
X	Q	T	L	T	Q	U	Z	E	C	W	L	F	W	L	L
E	I	S	L	Y	O	C	N	O	R	T	H	P	O	L	E
R	B	L	I	T	Z	E	N	D	O	K	V	O	N	Y	R
X	E	N	A	C	Y	D	N	A	C	R	E	H	S	A	D
W	N	W	D	O	N	N	E	R	E	I	N	D	E	E	R

BELL
BLITZEN
CANDYCANE
CHRISTMAS
COMET
CUPID
DASHER
DONNER
ELF
FROSTY
GINGERBREAD
NOEL
NORTHPOLE
PEACE
PRANCER
PRESENT
REINDEER
RUDOLPH
SANTA
SLED
SNOWMAN
STAR
STOCKING
TOY

Sunday soccer added to intramurals

BY ANDREW BENNEY

Intramural sports at Conestoga College's Doon campus will be expanding to include weekend scheduled games in the new year. But, with nearly 800 participants recorded during the fall semester, twice the number of players who registered last year and the student recreation centre receiving a renovation worth over $20 million, it was only a matter of time until the activities hosted within the building got an expansion as well.

Because soccer is easy to run and it draws a diverse crowd, it will be the only sport offered for students on weekends in 2017. This means players will now have two separate leagues to participate in if they wish. Full-time students are welcome to sign a team up or just play themselves, in both the regularly scheduled Wednesday night soccer league and in the new Sunday soccer league, which will take place from 12 until 4 p.m.

Also, if it ends up being a success in terms of satisfaction and participation, students can expect other sports to begin getting scheduled on weekends as well.

"We're really looking at trying to offer more opportunities for students to participate in intramural programs," said Jenni Bauer, the recreation centre's facility co-ordinator.

"We don't currently have anything on Friday-Saturday-Sunday, so we're kind of testing or piloting to see if it's something that will be sought after by the school. Hopefully we will be able to take some feedback and get some more information, so we can take that into consideration when moving forward with intramurals." The current method of surveying is still being determined by organizers, but a mass email to current intramural participants or even the whole student body are possibilities. As well, all students who participate in the new Sunday afternoon soccer league will be able to rate their experience at the end of the semester so that the recreation centre staff can make adjustments and improve the experience.

"I would definitely be going Sundays. I'll always take the chance to play more, but it's kind of nice to have something to look forward to at the end of the week besides all my work," said Brynn Sneek, a current intramural soccer participant.

"(I) wouldn't mind if it started up a bit later than noon, though. I play six every week and I like it," he added.

Although weekend sports have been held at the college before, it hasn't happened for many years. In fact, prior to the recreation centre's renovation, a survey found that only 1 per cent of students used what was previously a hockey rink. That is now a thing of the past. Between drop-in gym times, varsity athletics and intramural programs, the school's gyms are basically at maximum capacity during weekdays, making the weekend an ideal time for student sports.

"I think, since we have been open in September, students have really embraced the building since the change and really embraced just being able to come by. Our drop-in sports are always really busy and some of our intramural sports even have wait lists, so I encourage students to sign up early if they want to get in," Bauer said.

Anyone wishing to participate in intramurals next semester, which besides soccer includes dodgeball, hockey, volleyball, ball hockey, basketball, squash and flag football, will be able to do so in the new year immediately following the winter break. Most sports will then begin 2-3 weeks after registration is opened, however, booking finalizations are still being completed at this time.

PHOTO BY ANDREW BENNEY

Two Conestoga College intramural hockey players face off in the final bronze medal game at the Activa Sportsplex in Kitchener on Nov. 23. The Green Bowl Packers won the league championship, finishing with seven wins, no losses and 57 goals.

"Our focus is on trying to get students here on Sundays and making positive adjustments going forward. We really just always want to encourage participation and urge students to come out, get involved and allow our intramural programs to grow," Bauer said.

HEALTH CENTRE IN GUELPH OFFERS HELP FOR DRUG USERS

Janice Furlano, from right to left, Karen Lemax-Harkins and Shari LeBlanc put together harm reduction kits for drug users at the Sanguen Health Centre on Nov. 24. Volunteers meet every Thursday at 10 a.m. and welcome anyone to come help them. Their goal is to educate people about the risks of using drugs and help keep people alive.

PHOTOS BY JOY STRUTHERS

A sample of the different kits are shown here. These kits can be picked up at the Sanguen Health Centre, from their community health van which travels around the area, as well as from the Stay Sharp Satellite Site at the Guelph Community Health Centre.

College going greener

BY SCOTT BLINKHORN

Conestoga will be going green next year. The Conestoga Students Inc. (CSI) board of directors approved a plan to create an environmental week running from March 20-24, 2017.

"We think educating the students about their impact on the environment is very important," said director Brittany Greig.

"This was something that students really seem to want. At the AGM (annual general meeting) there was a lot of interest."

Greig, who presented the plan on behalf of the board's environmental committee, said there was significant student interest in the idea.

The plan to hold an environmental week was approved by the board.

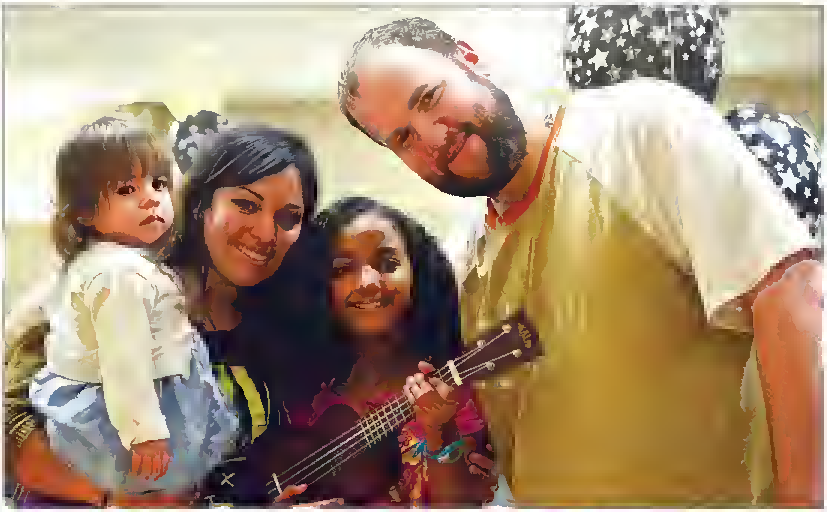
Details of what the week will include have not been decided yet, but the report by the environmental committee made several suggestions. These included a vendor fair, park or campus clean up, an educational nature hike and a garbage audit.

The audit would have volunteers sort through the college's waste searching for recyclable items that were placed into garbage bins and putting them in the proper place.

It was suggested by director Aimee Calma that representatives from the Region of Waterloo's waste management division be invited to help educate students on the use of green bins.

"This will give us an opportunity to remind students about the changes coming in March," said Sheena Witzel, assistant general manager of CSI.

Starting in March garbage collection in Waterloo Region will occur every two weeks instead of weekly, while blue and green bins will continue to be collected every week.



HELPING KIDS ONE GUITAR AT A TIME

Musician Dan Walsh, at left, gives a demonstration on looping at the Guitars for Kids fundraiser at the Royal Canadian Legion, Preston branch 126 on Nov. 27. Guitars for Kids collects guitars and donations from the local community. Guitars are distributed to children who can't afford them, and the money raised goes toward free music lessons. Above, singer and ukelele player Sakina jams her family after performing on stage. For video story, go to www.spokeonline.com.

PHOTOS BY ROLAND FLEMING

ARTISTS SHARE VISUAL ART TECHNIQUES

The Annual Instructors Exhibition at the Homer Watson House and Gallery was held Nov. 19. It featured four artists who shared their visual art techniques and inspirations with patrons and participants. Right, Ralf Wall, an artist and instructor at the gallery, was one of the guest artists. For video story, go to www.spokeonline.com.

PHOTO BY SHARON SAMUELS